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What is claimed is:

1. An X-strap assembly for securing an article of footwear to the instep of a wearer's foot, the footwear having a sole and a transverse channel through the midfoot portion of the sole, the strap assembly comprising:
- a) a strap attached at its respective ends to the medial and lateral rear sides of the footwear, respectively, said strap having a first portion extending in a forward direction transversely across the wearer's instep from one side of the footwear to the other, a second portion extending through the transverse channel, and a third portion extending in a rearward direction transversely across the wearer's instep from said other side to said one side of the footwear, said first and said third portions forming a X configuration over the wearer's instep; and
 - b) an adjustable fastener attached to said strap for adjusting the length of said strap.
2. A strap assembly as in claim 1, wherein said second portion of said strap is angled downwardly from rear to front in a longitudinal direction.
3. A strap assembly as in claim 2, wherein the angle of downward inclination of said second portion of said strap is between 2° and 15° from the horizontal.
4. A strap assembly as in claim 2, wherein the angle of downward inclination of said second portion of said strap is between 3° and 6° from the horizontal.

5. A strap assembly as in claim 2, wherein the article of footwear has a heel portion with lateral and medial sides, said strap having a first and a second end, and said strap first end being attached to the footwear at the medial heel side, said strap second end attached to said fastener for releasably and adjustably attaching said strap second end to the footwear at the heel lateral side.
6. An X-strap assembly for securing an article of footwear to the instep of a wearer's foot, the footwear having a sole, a midfoot portion, and a heel portion having first and second sides, comprising:
 - a) a transverse channel through the midfoot portion of the sole of the footwear, said channel having first and second ends coincident with the respective heel portion first and second sides;
 - b) a strap having a first and a second end, said first end connected to the first side of the heel portion of the footwear, said strap passing forward and crossing over the instep portion of the wearer's foot, passing downward from the instep into said midfoot channel second side and through said midfoot channel, passing back over the foot instep, thereby forming an X configuration over the foot instep; and
 - c) a fastener at said strap second end for releasable fastening said strap to the footwear at the second side of the heel portion of the footwear.
7. A strap assembly as in claim 6, wherein said channel is angled downwardly from rear to front.

8. A strap assembly as in claim 6, wherein said channel is angled downwardly from rear to front at an angle of between 2° and 15° from the vertical.
9. A strap assembly as in claim 6, wherein said channel is angled downwardly from rear to front at an angle of between 3° and 6° from the vertical.
10. A strap assembly as in claim 6, wherein said channel is comprised of resilient plastic material, and is affixed to the sole.
11. A strap assembly as in claim 6, wherein said strap fastening means is selected from the group comprising mating hooks and loops, snaps, mating female and male buckles, and a buckle.
12. A strap assembly as in claim 6, wherein said strap is free to move through said channel during footwear use.
13. A strap assembly as in claim 6, wherein the footwear comprises a sandal.
14. A strap assembly for securing a foot instep to the sole of footwear, the footwear having a heel portion with first and second sides, comprising:

- a) a resilient transverse channel having a first and a second end coincident with the heel portion respective first and second sides, said channel angled forward at an angle of between 2° and 12° from the vertical;
- b) a strap having a first and a second end, said first end connected to the footwear near the heel portion first side, said strap passing forward and crossing over the instep portion of a foot, passing downward from the instep into said channel second side and through said channel, passing back over the foot instep, thereby forming an X-configuration over the foot, said strap free to move through said channel; and
- c) a fastening means at said strap second end for releasable fastening to the footwear near the heel portion second side.

15. An article of footwear for a person comprising:

- a) a sole, said sole having a transverse channel extending through the midfoot portion of said sole;
- b) a strap connected to said sole, said strap having a first portion connected to said sole at a first side of the heel portion thereof and extending forward and crossing over the instep portion of the person's foot, a second portion extending through said transverse channel, and a third portion extending rearward and crossing over the person's instep; and
- c) an adjustable fastener connecting said third portion of said strap to a second side of the heel portion of said sole.

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16. An article of footwear as in claim 15, wherein said channel is angled downwardly from rear to front.
17. An article of footwear as in claim 15, wherein said channel is angled downwardly from rear to front at an angle of between about 2° and 15° from the horizontal.
18. An article of footwear as in claim 15, wherein said channel is angled downwardly from rear to front at an angle of between about 3° and 6° from the horizontal.
19. An article of footwear as in claim 15, wherein said midfoot portion of said sole is comprised of a rigid plastic material.
20. An article of footwear as in claim 15, wherein said strap fastening means are selected from the group comprising hook and loop fasteners, snaps, mating female and male connectors and buckles.
21. An article of footwear as in claim 15, wherein said strap is free to move in said channel during use of the footwear.
22. An article of footwear as in claim 15, wherein the footwear comprises a sandal.

23. An article of footwear as in claim 15, wherein the footwear further comprises a releasably fastened front strap for attaching a wearer's forefoot to the footwear, and having opposing heel posts having a releasably fastened heel strap for attaching the heel of a wearer's foot to the footwear.

24. An article of footwear as in claim 23, further comprising a side member connecting said front strap to one of said heel posts.

25. A sandal having a sole with a heel portion with a first and second side, further comprising:

- a) a transverse channel having a first and a second side, said channel comprised of resilient plastic affixed to said sole, said channel angled downwardly from rear to front;
- b) a strap for releasably attaching a foot instep to the sole, said strap having a first and a second end, said first end connected to the footwear near the heel portion first side, passing forward and crossing over the instep portion of a foot, passing downward from the instep through the midfoot channel second side, out the midfoot channel first side, passing back over the foot instep, thereby forming an X shape over the wearer's instep, said strap being freely movable within said midfoot channel;
- c) said strap having fastening means at said second end for releasable and adjustable fastening to the footwear near the heel portion second side;

- d) a front strap for releasably attaching a wearer's forefoot to the footwear;
- e) opposing heel posts having a heel strap for releasably attaching a wearer's heel to the footwear; and
- f) a side member attaching said front strap to one of said heel posts.

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